



Depression and Mean People

By David J. Stewart

"I have heard many such things: miserable comforters are ye all." —Job 16:2

People can be so cruel. Depression is something that a lot of people live with. Depression hurts tremendously. So much in fact that it cannot be described in words. There are a lot of mean people in the world and if we listen to everything people have to say, we would all kill our selves at some point because opinions are like garbage pails and everyone has one. It's hard to find an understanding person who realizes that the last thing a hurting person wants to hear is criticism. Someone who is hurting already feels down on them self and doesn't need some jerk making it worse by making a stupid comment; such as, "If you're miserable it's only because you choose to be miserable." Oh shut up! That's the most retarded and idiotic thing you can say to a person who is hurting. No one chooses to be depressed.

I used a picture of a vicious wolf to the right because that is how rotten some people are. We live in a society of excuse-makers, where no one ever means to hurt anyone with their words (so they claim); yet they hurt people all the time. So most people will go ahead of themselves and tell you their negative opinions, making you feel even worse. Just don't listen to them and tell yourself that they are full of crap. The only person who will ever be there 100% of the time is you, and your opinion counts more then anyone else's. You aren't a loser or a nobody. People are so judgmental.

I've received thousands of e-mails over the years from people asking for my help. Here are some normal feelings for a person who is depressed . . .

- I feel like no one in the world likes me.
- I hate myself.
- I wish I were dead.
- I don't want to live anymore.

- I hate the way people are.
- I just want to be left alone.
- You can't hurt me anymore than I've already been hurt.
- People just don't understand what I'm going through.
- No one cares.
- What's the purpose of living?
- I'm sick of people.
- I'm just on my own.
- I wish I'd never been born.
- I can't wait 'til the day I die.
- I've got nobody.
- I don't want anything to do with anybody.
- Just leave me alone.

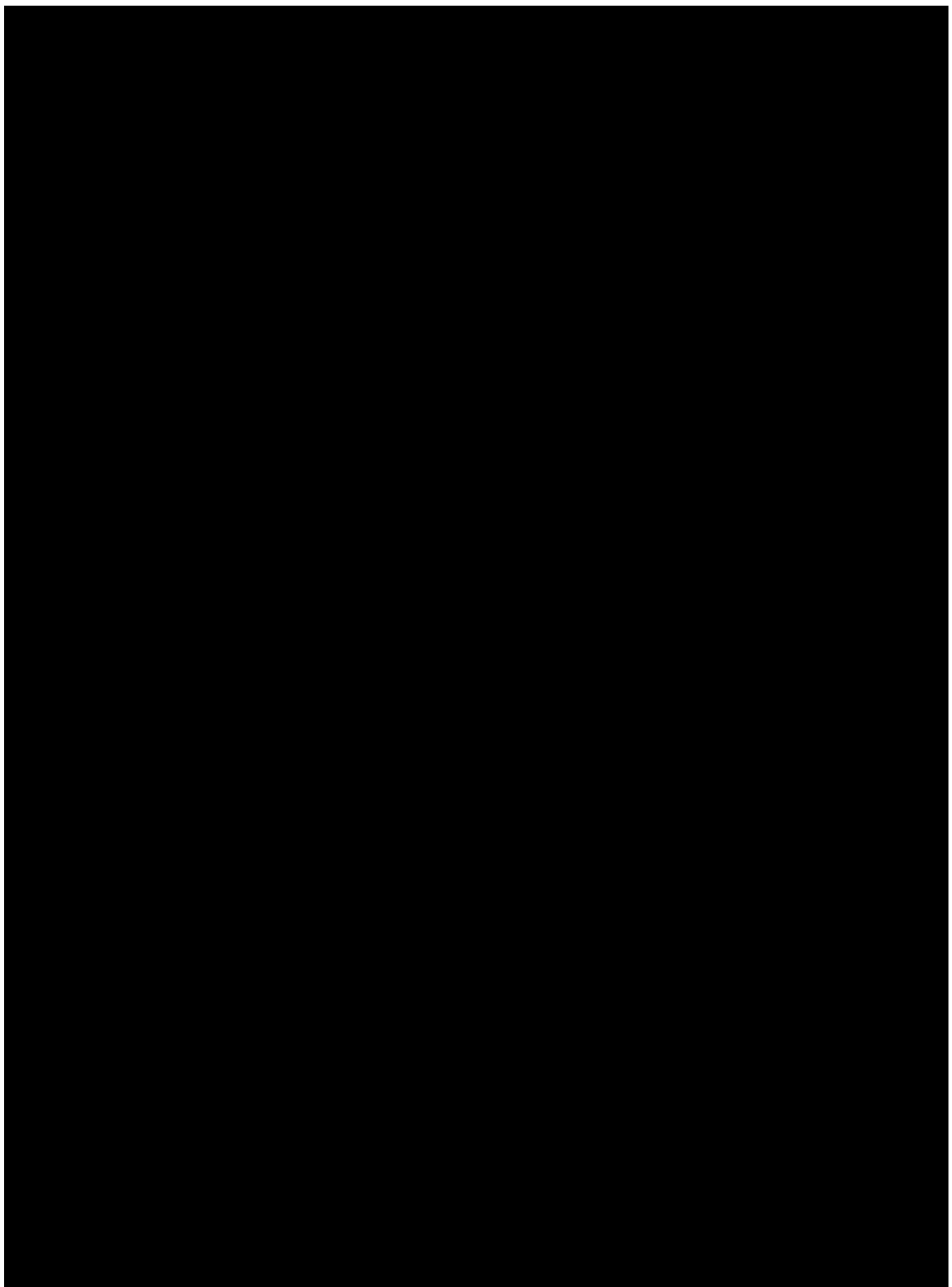
If you are feeling any of these thoughts, I sympathize with you. Life gets us all down at times. Job's so-called friends criticized him and made him more miserable (Job 16:2). They wrongfully judged Job and in their self-righteousness condemned him. They felt that Job was to blame for the tragedies which had befallen him. We know from the Scriptures, from Job chapter one, that Job hadn't done anything wrong.

In the case of David in the Old Testament, he had done something wrong, killing a man and stealing his wife in adultery to be his own. David later repented for his sins and cried out to God for mercy. Yet, David suffered for his sins the remainder of his life, because people rejected him. We find king David in Psalm 142:4 saying, **"I looked on my right hand, and beheld, but there was no man that would know me: refuge failed me; no man cared for my soul."** God will forgive you, but people won't, which makes it harder to forgive oneself. Forgive yourself and move on. This is why David said in Psalm 51:4, **"Against thee, thee only, have I sinned, and done this evil in thy sight: that thou mightest be justified when thou speakest, and be clear when thou judgest."** People wouldn't forgive David, but David realized that sin is only against God, for sin is the breaking of God's Law. Thus, if God forgives you, it doesn't matter if people won't. You are still forgiven. God will forgive the vilest mass-murderer who trusts upon the blood sacrifice of Jesus Christ to wash away their sins. It doesn't matter whether people forgive or not. Forgiveness comes from God alone. Never allow anyone to discourage you with your past sins or mistakes. Jesus died on the cross and shed His blood to make us free from sin, and to give unto us eternal life. Those people judging you will likely be burning in Hell one day,

but you can walk streets of gold in Heaven if you'll simply [trust upon Jesus](#) to forgive your sins.

Although the Scriptures are a comforting friend in time of need, sometimes they're just not enough. Sometimes we all need a compassionate human being to talk to. Unfortunately, it's hard to find someone who knows what it means to truly suffer, where you dread to wake up everyday, when you don't want to live anymore and all hope seems gone. I've been there. I know what it's like to wake up from a nightmare to a nightmare. I know what it's like to be lonely and sad. I know what it's like to be hurting physically and emotionally and have people dismiss, diminish and disregard my sufferings.

Remember, people at best are sinners and they will hurt you. There's only 2 true friends you'll have in this life and it's no coincidence that they're spelled the opposite of each other: **DOG** and **GOD**. The Bible says that Adam named all the animals with the knowledge that God gave to him. God and your dog are the best friends you'll ever have.



Ye Must Be Born Again! | You Need HIS Righteousness!

